

Urbana Senior Center

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July Program Highlights

Picnic – Brunswick

The Brunswick Senior Center is hosting a picnic for all the Frederick County Senior Centers. “Yard Sale” bingo-one person’s trash is another’s treasure. Please bring 2 items for bingo prizes.

Picnic lunch: hotdog, potato salad, coleslaw, fresh melon, cookie, freeze pop

Date: Wednesday, July 9

Sign-up by Tuesday, July 1

Time: 10:30 a.m.-1:30 p.m.

Cost: \$5.00 (suggested lunch contribution)

Breakfast for Lunch & Ask Nurse Steve

Bring your friends and enjoy a delicious breakfast for lunch. A variety of breakfast foods will be offered. Nurse Steve’s talk will be “What do all those numbers mean when I go to the doctor: An explanation of vital signs; blood pressure, pulse, respiration, etc.”

Date: Thursday, July 10

Sign-up by Tuesday, July 8

Time: Noon

Cost: \$4.80 (Regular meal cost)

Yoga

Increase flexibility and lubrication of the joints, tone muscles, detoxify the body, and massage the organs. Yoga harmonizes the mind with the body resulting in real benefits that go far beyond the physical. Learn deep breathing! It's a master key to health.

Enhance your circulation and mobility! This 6-week program is taught by Kandi Austin.

Date: Wednesdays, starting June 25

Time: 9:15 -10:15 a.m

Cost: \$45 per person, ages 18 and older

The Inside Scoop: Education & Ice Cream

Your County: Historic Info

Are you curious about the history of where you live? Gil House, a man with a wealth of information, will present some of the history of the area.

Date: Tuesday, July 15

Time: 6:30 p.m. **Cost:** Free

Mobile Information and Assistance (I&A)

A team from MD Food Bank, Energy Assistance and the Department of Aging will visit the center to provide information, answer questions and complete applications for SNAP (food stamps), Energy Assistance, and Medicare Subsidies.

Date: Thursday, July 10

Appointments are encouraged

Time: 11:00 a.m. **Cost:** Free

Stitching Post

Come to knit, crochet, or just talk. Members of this informal group help each other with projects, patterns, and learning new skills.

Date/Time: Mondays 10:00 a.m. Free

Date/Time: Tuesdays 1:00 p.m. Free

Strength Training

Join us for an exercise to video that includes the use of weights. Bring a set of light weights.

Date: Mondays and Wednesdays

Time: 9:30 a.m. **Cost:** Free

Dance Exercise Program

Instructor led dance exercise featuring movements from different ethnic groups.

Date: Tuesdays

Time: 10:30 a.m. **Cost:** Free